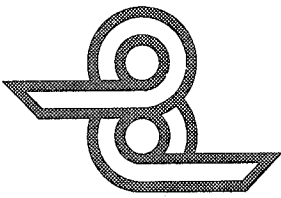


**PBF060 FREE STAND CHIN DIP ASSEMBLY INSTRUCTIONS**

7. LOOSELY assemble the CHIN UP BAR on top of the LEFT and RIGHT UPRIGHTS, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 NUTS. (SEE DRAWING)
8. At this time TIGHTEN all loose frame connections made to this point.
9. Attach two (2) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the BOTTOM UPRIGHT CONNECTOR as shown on drawing.
10. Slide two (2) 1-1/4 X 7 IN. GRIPS over the HANDLES of the TOP UPRIGHT CONNECTOR. Also slide the two (2) 1 X 8 IN. GRIPS over each end of the CHIN-UP BAR. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE INSIDE OF THE GRIP IS THE BEST MATERIAL TO USE)

**PARABODY INC.**



**FREE STAND CHIN DIP  
PBF060**

**PRODUCT ASSEMBLY  
INSTRUCTION SHEETS**

**TOOLS REQUIRED FOR ASSEMBLY**

- 9/16 INCH WRENCH or SOCKET
- 3/4 INCH WRENCH or SOCKET
- ADJUSTABLE WRENCH
- RUBBER MALLET or HAMMER

**REVISION: C**

If you experience any problem with the assembly of this product, please contact your dealer or your PARABODY Customer Service Representative at:

1-800-328-9714

PBF060 FREE STAND CHIN DIP ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3 IN. BOLT .....	10
2.	1/2 X 3-1/4 IN. BOLT .....	4
3.	3/8 IN. WASHER .....	20
4.	1/2 IN. WASHER .....	8
5.	3/8 IN. LOCK WASHER .....	10
6.	1/2 IN. LOCK WASHER .....	4
7.	3/8 IN. NUT .....	10
8.	1/2 IN. NUT .....	4
9.	1 X 8 IN. GRIP .....	2
10.	1-1/4 X 7 IN. GRIP .....	2
11.	2 IN. SQ. COVER CAP .....	4
12.	2 IN. SQ. END CAP .....	2
13.	2-1/2 X 5-1/2 IN. NON SKID STRIP .....	2

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE LEG ..... (PB2317-1)	2
2.	LEFT UPRIGHT ..... (PB2310-1)	1
3.	RIGHT UPRIGHT ..... (PB2311-1)	1
4.	BOTTOM UPRIGHT CONNECTOR ..... (PB2313-1)	1
5.	TOP UPRIGHT CONNECTOR ..... (PB2315-1)	1
6.	CHIN UP BAR ..... (PB2308-1)	1

PBF060 FREE STAND CHIN DIP ASSEMBLY INSTRUCTIONS

IMPORTANT:

- THE BODYSMITH FREE STAND CHIN DIP MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.

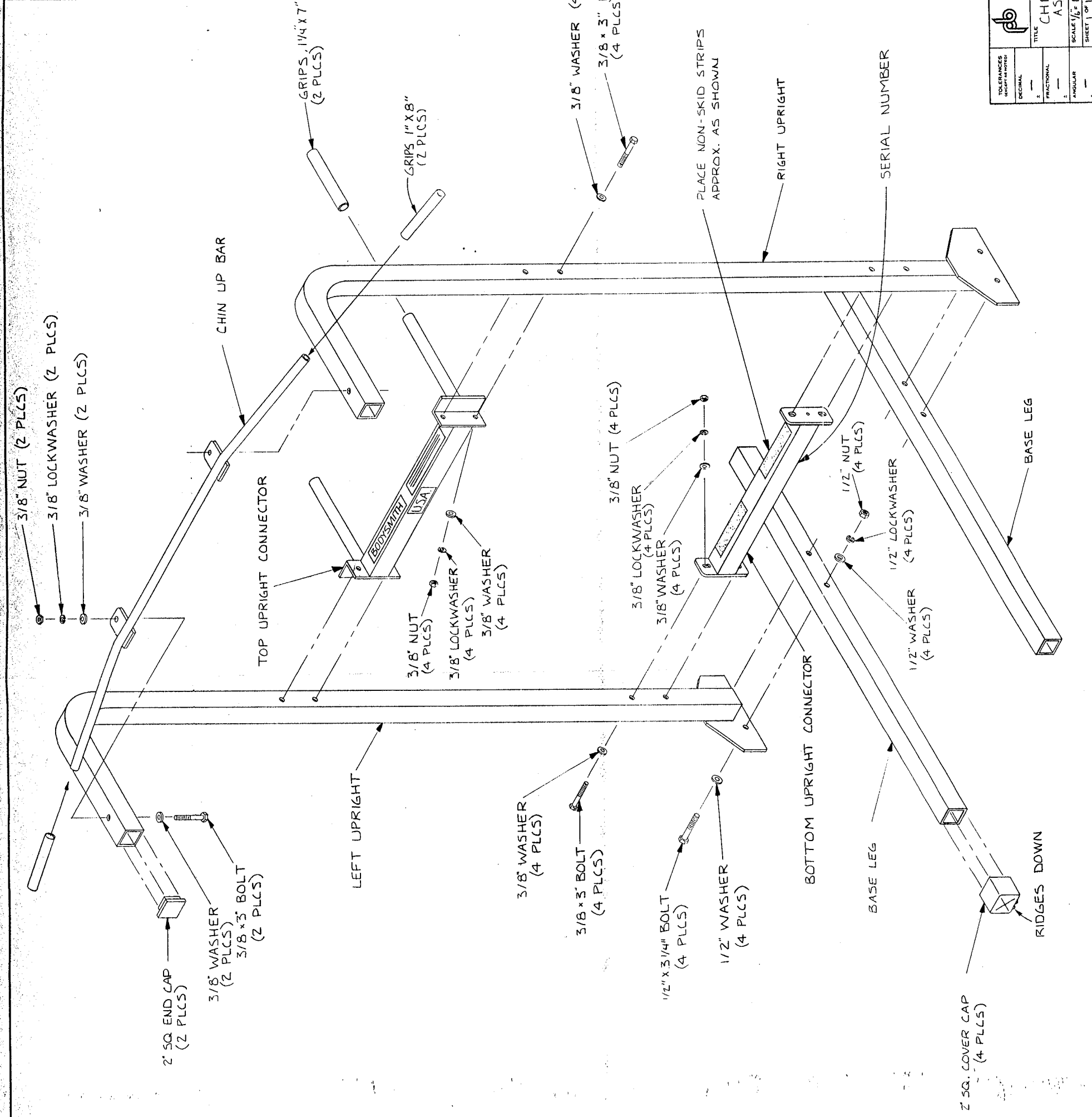
\*\*\* IMPORTANT \*\*\*

KEEP ALL LOOSE FRAME CONNECTIONS

LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN

- Slide four (4) 2 IN. SQ. COVER CAPS over each end of the BASE LEGS. NOTE: THE 2 IN. SQ. COVER CAP HAVE RIDGES ON ONE SIDE. THEY SHOULD BE PUT ON THE BASE LEGS SO THAT THE RIDGES CONTACT THE FLOOR.
- Insert two (2) 2 IN. SQ. END CAPS into the top end of the LEFT and RIGHT UPRIGHTS.
- LOOSELY assemble one BASE LEG to the LEFT UPRIGHT, using two (2) 1/2 X 3-1/4 IN. BOLTS, four (4) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (NOTE: THE LONGER END OF THE BASE LEG, SHOULD BE IN FRONT. SEE DRAWING)
- LOOSELY assemble the other BASE LEG to the RIGHT UPRIGHT, using two (2) 1/2 X 3-1/4 IN. BOLTS, four (4) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (SEE NOTE ABOVE)
- LOOSELY assemble the BOTTOM UPRIGHT CONNECTOR between the LEFT and RIGHT UPRIGHTS, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, four (4) 3/8 IN. LOCK WASHERS, and four (4) 3/8 IN. NUTS.
- LOOSELY assemble the TOP UPRIGHT CONNECTOR between the LEFT and RIGHT UPRIGHTS, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, four (4) 3/8 IN. LOCK WASHERS, and four (4) 3/8 IN. NUTS. (NOTE: THE HANDLES ON THE TOP UPRIGHT CONNECTOR SHOULD FACE THE REAR. SEE DRAWING)

REVISIONS		CHG NO	AMPD DATE
REV	DESCRIPTION		
A	NEW RELEASE	1694	12/1/74
B	IDENT. RIDGES	1760	12/1/74
C	ADD GRIPS 1" X 8"	1877	12/1/74
D	ADD U.S.A. LABEL	1914	12/1/74



TOLERANCES UNLESS OTHERWISE SPECIFIED		DECIMAL	FRACTIONAL	ANGULAR
1		—	—	—
2		—	—	—
3		—	—	—
4		—	—	—

ParaBody, Inc. RAMSEY, MINNESOTA		TITLE	CHIN / DIP ASSEMBLY	DATE	8-1-74
DR. J. GRICKSON	1750	BY	1750	DATE	8-1-74
SCALE	1 1/2" = 1'	SHEET	1 OF 1	DRAWING NO.	PBFO60